

Tuesday

Lemon & Dill Chicken
Black Bean-Smothered Sweet Potatoes
Milk, fluid, nonfat, calcium fortified (fat free or skim)
Tangerines

Servings: 6

Serving size: 1/6 of a menu.

Amount Per Serving	
Calories	725.24
Calories From Fat (18%)	130.98
% Daily Value	
Total Fat 14.83g	23%
Saturated Fat 3.68g	18%
Cholesterol 83.08mg	28%
Sodium 1100.63mg	46%
Potassium 2133.76mg	61%
Total Carbohydrates 96.01g	32%
Fiber 21.17g	85%
Sugar 29.22g	
Protein 54.61g	109%

Lemon & Dill Chicken

Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts. Make it a meal: Serve with roasted broccoli and whole-wheat orzo.

6	boneless, skinless chicken breasts (1-1 ¼ pounds)	1 ½ cups	reduced-sodium chicken broth
	Salt & freshly ground pepper to taste	1 Tbs	flour
1 ½ Tbs	extra-virgin olive oil or canola oil, divided	3 Tbs	chopped fresh dill, divided (or 1 Tbs fried Dill)
6 Tbs	finely chopped onion	1 ½ Tbs	lemon juice
4 cloves	garlic, minced		

- 1 Season chicken breasts on both sides with salt and pepper. Heat 1 ½ teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
- 2 Reduce heat to medium. Add the remaining 1 ½ teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.
- 3 Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

Servings: 6

Nutrition Facts

Serving size: ⅙ of a recipe (6.5 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	190.85
Calories From Fat (30%)	58.2
% Daily Value	
Total Fat 6.52g	10%
Saturated Fat 1.34g	7%
Cholesterol 72.29mg	24%
Sodium 205.63mg	9%
Potassium 347.98mg	10%
Total Carbohydrates 3.95g	1%
Fiber 0.47g	2%
Sugar 0.68g	
Protein 27.89g	56%

Source

Source: American Heart Association Learn and Live

Black Bean-Smothered Sweet Potatoes

For a quick and satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomato adds protein, making it a nutritionally complete entree. Be sure to eat the potato skin; it's full of fiber.

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|---|----------------------------------|---|-----|------------------------|
| 6 | medium sweet potatoes | ½ | Tbs | ground coriander |
| 3 | 15-ounce can black beans, rinsed | ¾ | tsp | salt |
| 3 | medium tomato, diced | 6 | Tbs | reduced-fat sour cream |
| 2 | Tbs extra-virgin olive oil | 6 | Tbs | chopped fresh cilantro |
| ½ | Tbs ground cumin | | | |

- 1 Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.)
- 2 Meanwhile, combine beans, tomato, oil, cumin, coriander and salt in a medium microwave-safe bowl; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)
- 3 When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

Servings: 6

Nutrition Facts

Serving size: ⅙ of a recipe (13.6 ounces).
Percent daily values based on the Reference Daily
Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	401.3
Calories From Fat (17%)	66.47
% Daily Value	
Total Fat 7.59g	12%
Saturated Fat 2.02g	10%
Cholesterol 5.85mg	2%
Sodium 764.8mg	32%
Potassium 1229.68mg	35%
Total Carbohydrates 68.34g	23%
Fiber 19.12g	76%
Sugar 7.25g	
Protein 17.61g	35%

Source

Source: American Heart Association Learn and Live